

## Monroe Institute of Applied Sciences

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P.O. Box 57  
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People who come to the M-5000 Training Program often experience changes in their life. We are involved in a study that will document the kinds of changes people experience over the next year or so. You are being asked to provide information on the "Adaptation to Life" Scale now, and again on the occasions for follow-up so that we can evaluate the kinds of changes you experience. Also, your follow-up reports will serve as guides to us so that we can supply you with the individualized reinforcement material best suited to your needs.

Your cooperation in evaluating the effects of this program is entirely voluntary. Because we need accurate information in order to objectively evaluate our program, we have set up a system to safeguard each person's anonymity. We guarantee that the information you provide will remain strictly confidential. Your name will never appear on the "Profile of Adaptation to Life" (PAL) Scale that you complete. A code subject number will be used, and the key to the identity of the actual persons who complete the questionnaires will be kept by our program leaders. The results will be reported only by group averages.

When you complete the PAL Scale, place it in the attached envelope, seal it, and return it to one of the program leaders.

Thank you,

*Nancy Lea Honeycutt*

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